

6 QUART OVAL SLOW COOKER



MODEL WST3012ZE

OWNER'S MANUAL



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Consumer Service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, turn control knob to "off", then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.

SAVE THESE INSTRUCTIONS

For Household Use Only

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. **Do not reach into the water!**
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dishtowels or other flammable materials.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
6. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. Never use the Stoneware Liner on a gas or electric cooktop or on an open flame.
9. Lift off Lid carefully to avoid scalding, and allow water to drip into Stoneware Liner.

CAUTION: To prevent damage or shock hazard, do not cook in Base Unit. Cook only in Stoneware Liner provided.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

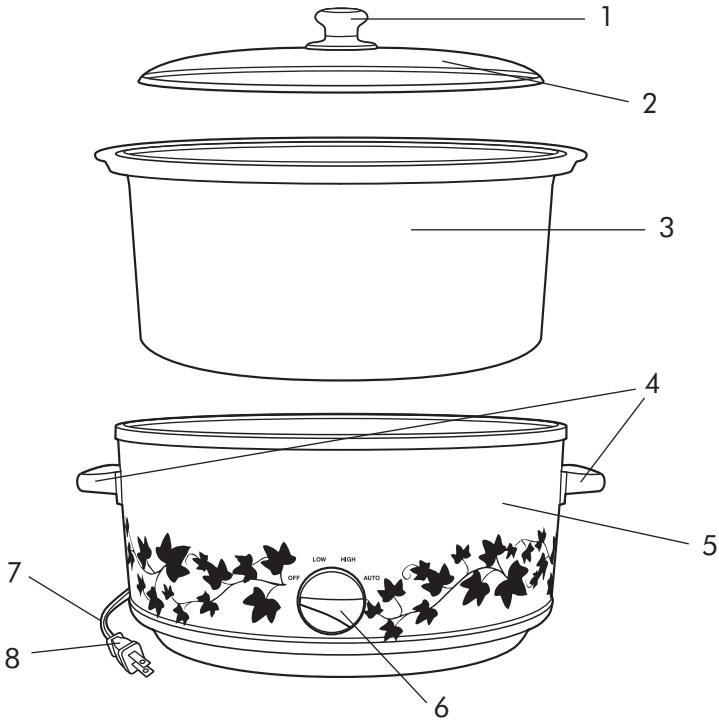
Do not use an extension cord with this product.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

GETTING TO KNOW YOUR WESTINGHOUSE WST3012ZE 6 QUART OVAL SLOW COOKER

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATION



- | | |
|-----------------------------------|-----------------------------------|
| 1. Knob (P/N 21400) | 5. Cooking Base Unit |
| 2. Tempered Glass Lid (P/N 22020) | 6. OFF/LOW/HIGH/AUTO Control Knob |
| 3. Stoneware Liner (P/N 21672) | 7. Power Supply Cord |
| 4. Handles | 8. Polarized Plug |

BEFORE USING FOR THE FIRST TIME

1. Carefully unpack your slow cooker and clean, see CARE AND CLEANING.
2. It is necessary to operate the slow cooker one time before placing food in the stoneware liner. Pour 4 cups of water into the stoneware liner and place it inside the cooking base unit. Put lid on.
3. Plug into a 120 V ~ 60 Hz outlet.
4. Turn control knob to high position and allow to heat for approximately 30 minutes. You will notice a slight odor; this is normal and should quickly disappear.
5. Turn control knob to off position and allow to cool for 20 minutes.
6. Carefully remove the stoneware liner from the cooking base unit and pour water from the stoneware liner.
7. Rinse stoneware liner, dry thoroughly and place back inside the cooking base unit.

INTRODUCTION TO SLOW COOKING

Slow cooking occurs at temperatures just around boiling. The slow cooker can operate at low all day or night if required. When cooking on a high setting, it is very much like a covered pot on the stove top. Foods will cook on high in about half the time required for low cooking. Additional liquid may be required as foods do boil on high. To turn the Slow Cooker OFF, turn the Control Dial to the OFF position. Always unplug from electrical outlet when not in use.

NOTE: Lid must not be removed while cooking on LOW setting.

HOW TO USE THE AUTO FEATURE

The auto feature allows you to prepare meals in less time than it would take on low, but not as quickly as on high. When set on auto, the slow cooker begins cooking on high. Once the high temperature is reached, it then automatically switches to the low setting. When using the auto temperature setting, you are able to initially heat the food faster, shortening the standard cooking time required for low by approximately 25%.

OPERATING INSTRUCTIONS

1. Prepare recipe according to instructions. Place food in stoneware liner and cover with the glass lid. Do not fill the stoneware liner to the brim with food. Always cook with the lid on and the liner in position. Remember that frequent lifting of the lid during cooking delays cooking time. When cooking a meat and vegetable combination, place the vegetables in the bottom of the liner first. Then add the meat and other ingredients. If the liner is hot, **DO NOT** add cold food and vice versa. The stoneware liner cannot stand the shock of sudden temperature changes.
2. Plug into a 120 V ~ 60 Hz outlet.
3. Turn control knob to the desired cooking setting, high, low or auto.
CAUTION: COOKING BASE UNIT WILL GET VERY WARM DURING COOKING. THIS IS WHERE THE HEATING ELEMENT IS LOCATED. IF NECESSARY TO HANDLE, USE POT HOLDERS OR OVEN MITTS.
4. Cook according to recipe instructions.
5. When cooking time is complete, turn control knob to off position and unplug from outlet.
6. Using oven mitts, carefully remove the glass lid by grasping the knob and lifting the lid slightly away from you. This will allow the steam to escape before removing the lid.
7. Allow a few seconds for all steam to escape. Then, using oven mitts, remove the stoneware liner from the cooking base unit.

NOTE: If you are moving the Slow Cooker, grasp the unit by the Base Unit Handles; use pot holders or oven mitts. (See Figure 1.)

8. Even when switched OFF and unplugged, the Slow Cooker remains hot for some time after using; set aside and allow unit to cool before cleaning or storing.
9. Allow to cool completely before cleaning, see CARE AND CLEANING.



Figure 1

HINTS FOR SLOW COOKING

1. Meats will not brown during the cooking process. If you desire browning, heat a small amount of oil in a skillet and brown meats prior to putting into stoneware liner.
2. Whole herbs and spices flavor better in slow cooking than crushed or ground.

HINTS FOR SLOW COOKING (Cont.)

3. When cooking in a slow cooker, remember that liquids do not boil away like they do in conventional cooking. Reduce the amount of liquid in any recipe that is not designed for a slow cooker. The exceptions to this rule are rice and soups. Remember, liquids can always be added at a later time if necessary. If a recipe results in too much liquid at the end of the cooking time, remove the cover and turn the control knob to high. After about 30-45 minutes the amount of liquid should be reduced.
4. Most recipes that call for uncooked meat and vegetables require about 6-8 hours on LOW temperature.
5. High fat meats can result in dishes with less flavor. Pre-cooking or browning will help reduce the amount of fat and help to preserve the color. The higher the fat content, the less liquid needed. If cooking meat with a high fat content, use thick onion slices under it so that the meat will not sit in and absorb the fat. If necessary, use a slice of bread, a spoon, or a straining spoon to skim off excess fat from top of foods before serving.
6. Foods cut into uniform pieces will cook faster and more evenly than foods left whole such as roast or poultry.

CONVERTING STANDARD RECIPES TO SLOW COOKING

1. Vegetables such as carrots, potatoes, turnips, and beets require longer cooking times than most meats. Place them on the bottom of the stoneware liner and cover them with liquid.
2. If adding fresh milk or yogurt, it should be done during the last 2 hours. Evaporated milk may be added at the start of cooking. If possible, substitute condensed soups for fresh milk or yogurt.
3. Rice and pasta are not recommended for long cooking periods. Cook them separately and then add to the slow cooker during the last 30 minutes, or follow slow cooker recipe directions.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

CARE AND CLEANING

CAUTION: NEVER IMMERSE COOKING BASE UNIT OR CORD IN WATER OR OTHER LIQUID.

1. Avoid sudden, extreme temperature changes. For example, do not place a hot glass lid or stoneware liner into cold water or onto a wet surface.
2. Do not use the stoneware liner to store food in the refrigerator, and then reheat in the cooking base unit.
3. Avoid hitting the stoneware liner and glass lid against the faucet or other hard surfaces.
4. Do not use stoneware liner or glass lid if chipped, cracked, or severely scratched.
5. Always unplug and allow to cool completely before cleaning.
6. Wash stoneware liner and glass lid in warm, soapy water. If food sticks to the stoneware liner, fill with warm, soapy water and allow to soak before cleaning with a plastic scouring pad.
7. Rinse and dry thoroughly.
8. Wipe interior and exterior of the cooking base with a soft, slightly damp cloth or sponge. Never use abrasive cleansers or scouring pads to clean the cooking base, as they may damage the surfaces.
9. Allow to dry thoroughly before storing. Never wrap the cord tightly around the appliance; keep it loosely coiled.

RECIPES

The recipes followed by an asterisk were especially developed for this 6 quart oval slow cooker by leading housewares expert and best selling cookbook author, Tom Lacalamita, 'The Kitchen Resource'.

DRINKS AND APPETIZERS

HOLIDAY PUNCH

- 2 16-ounce bottles cranberry juice cocktail
- 2 cups water
- 1½ cups sugar
- 4 cinnamon sticks
- 10 whole cloves
- 2 ⅔ quart (757 milliliter) bottles Burgundy wine
- 2 lemons, thinly sliced

Combine ingredients in slow cooker. Cover and heat on low for 2-3 hours. Remove cinnamon sticks and cloves before serving.

Yield: 12-16 mugs or 20-24 punch cup servings

WASSAIL

- 1 46-ounce can pineapple juice
- 1 24-ounce bottle apple juice or apple cider
- 1 6-ounce can frozen orange juice concentrate
- 1 12-ounce can frozen lemonade concentrate
- 1 cup water
- ½ cup honey
- 2 cinnamon sticks
- 4 whole cloves
- 1 cheesecloth bag

Tie cinnamon and cloves in cheesecloth bag. Add to slow cooker along with other ingredients. Cover and heat on low for 2-3 hours. Remove cheesecloth bag to serve.

Yield: 10-12 mugs or 16-20 punch cup servings

RECIPES

BUFFALO WINGS

- 4 pounds chicken wings
- 3 tablespoons olive oil
- 3 tablespoons fresh minced garlic
- 1 large onion, chopped
- 2 jalapeno peppers, chopped
- 2 cups vinegar-based barbecue sauce
- ½ teaspoon crushed red pepper

Rinse chicken wings in cold water and pat dry. Place all ingredients in slow cooker. Cover and cook on low for 6-7 hours or until chicken is done.

Yield: 6-8 servings

PARTY PIZZA DIP

- 1½ pounds sausage
- 1½ pounds lean ground beef
- 2 medium onions, chopped
- 9 cloves garlic, minced
- 2 pounds shredded mozzarella cheese
- 4 15-ounce cans pizza sauce with cheese

Sauté sausage, ground beef, onion and garlic and drain. Combine all ingredients in slow cooker. Cover and heat on high for 2-3 hours, stirring every 30 minutes after the first hour.

Yield: 4 quarts

NOTE: Do not cook longer on high without stirring because the cheese may begin to stick to bottom.

MEAT AND CHEESE DIP

- 2 pounds lean ground beef
- 1 cup chopped green onions
- 2 pounds Velveeta® cheese, cut into 16 pieces
- 2 15-ounce cans chili beans
- 2 14-ounce cans Rotel® tomatoes, drained

Brown ground beef and drain. Combine ingredients in slow cooker. Cover and heat on low for 2-3 hours.

Yield: 3 quarts

RECIPES

CHEESE FONDUE

- 1 10-ounce can condensed cheddar cheese soup
- 1 pound Velveeta® cheese, cut into 8 pieces
- 1 pound Swiss cheese, grated
- 1 12-ounce can of beer or 1½ cups apple cider
- ½ teaspoon hot pepper sauce
- 2 drops liquid smoke flavoring

Combine ingredients in slow cooker. Cover and heat on low for 2 hours, stirring every 30 minutes after the first hour. Before serving, whisk to blend. Serve with bread sticks or vegetables for dipping.

Yield: 1½-2 quarts

GREEN CHILI SALSA

- 2¼ pounds lean ground beef
- 2¼ pounds pork sausage
- 1 48-ounce jar chunky salsa sauce
- 3 10-ounce cans condensed cream of chicken soup
- 4 4-ounce cans diced green chilies

Brown ground beef and pork sausage. Drain. Combine ingredients in slow cooker. Cover and cook on low for 7-8 hours. Serve as a dip.

Yield: 3 quarts

RECIPES

SOUPS, STEWS, AND SAUCES

TURKEY VEGETABLE SOUP*

- 2 turkey drumsticks, skin and excess fat removed
- 2 large leeks, white and light green parts only, sliced thinly
- 3 carrots, peeled and cut into ¼-inch rounds
- 3 ribs celery, cut into ¼-inch slices
- 1 10-ounce package frozen corn kernels
- 1 10-ounce package frozen cut green beans
- ½ cup uncooked pearl barley
- 1 tablespoon chopped fresh parsley or dill weed
- 1 46-ounce can low-fat chicken broth
- 4 cups water
- salt and pepper to taste

Combine all the ingredients in the slow cooker. Cover and cook on auto. Soup will be done in 5-6 hours, or when the turkey and vegetables test done. Or cook on low for 6 to 7 hours. Before serving, remove turkey meat from bones. Shred meat into small pieces and return to soup. Season with salt and black pepper to taste.

Yield: 4-6 servings

DUTCH SPLIT PEA SOUP*

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 large potato, peeled and diced
- 2 carrots, peeled and cut into ¼-inch rounds
- 2 ribs celery, cut into ¼-inch slices
- 2 cups green split peas (1 pound), picked over and rinsed well
- ½ pound ham steak, cut into ½-inch cubes
- 2 teaspoons dried marjoram
- 1 teaspoon salt
- 6 cups boiling water
- salt and pepper to taste

Combine all the ingredients in the slow cooker. Cover and cook on auto. Soup will be done in 8 to 9 hours. Or cook on low for 9 to 10 hours. Before serving, season with salt and pepper to taste.

Yield: 4-6 servings

RECIPES

OLD-FASHIONED BEEF STEW*

- 3 carrots, peeled and sliced into ¼-inch rounds
- 3 large potatoes, peeled and cut into 1-inch cubes
- 1 large onion, cut in half and sliced thinly
- 3 pounds of beef, cut into 1½-inch cubes
- 1 bay leaf
- ½ teaspoon whole black peppercorns
- 3 cups beef stock or broth
- 1 8-ounce can tomato sauce
- 1 teaspoon dried thyme
- 2 cups frozen peas
- 1 tablespoon fresh minced parsley

Layer carrots, potatoes, and then onions in the slow cooker. Top with beef, bay leaf, and black peppercorns. In a large mixing bowl, combine the stock, tomato sauce, and thyme. Pour over the meat and vegetables. Cover and cook on auto. Stew will be done in 7 to 8 hours. Or cook on low for 8 to 9 hours. Stir in the peas 15-20 minutes before serving and cook on high. Taste and adjust for salt. Stir in the parsley and remove bay leaf before serving.

Yield: 7-8 servings

HEARTY VEGETABLE-BEEF SOUP

- 2 pounds lean stewing beef, cut into 1-inch cubes
- 2 pounds small new potatoes, quartered
- 2 medium onions, chopped
- 2 pounds baby carrots
- 4 cups chopped celery
- 1 teaspoon salt
- 4 teaspoons fresh minced thyme
- 2 teaspoons fresh minced oregano
- ½ teaspoon pepper
- 2 15-ounce cans tomatoes, garlic-style
- 2 16-ounce cans beef broth
- 1 cup water

Combine ingredients in slow cooker. Cover and cook on auto for 9-10 hours or until vegetables are fork tender.

Yield: 10-14 servings

RECIPES

NEW ENGLAND CLAM CHOWDER

- ½ pound bacon, cut in small pieces
- 2 medium onions, chopped
- 4 medium potatoes, peeled and diced
- 1 teaspoon salt
- 4 cups water
- 4 teaspoons dried basil
- 4 7-ounce cans minced clams with juice
- 4 cups evaporated milk or Half and Half

Sauté bacon and onion. Drain. Combine bacon and onions with potatoes, salt and water in slow cooker. Sprinkle basil on top. Cover and cook on low for 9-10 hours. Turn to high and add clams and evaporated milk. Cover and cook on high for 40-50 minutes or until hot.

Yield: 10-14 servings

SAUSAGE AND KIDNEY BEAN STEW

- 1 pound Italian sausage
- 1 medium onion, halved and sliced
- 1 small green pepper, cut into chunks
- 1 teaspoon fresh minced garlic
- 1 15-ounce can whole tomatoes
- 1 16-ounce can kidney beans, drained
- ½ teaspoon dried oregano
- ½ teaspoon dried basil

Sauté sausage and drain. Combine ingredients in slow cooker. Cover and cook on low for 8-9 hours.

Yield: 4-6 servings

RECIPES

SLOW-SIMMERED BOLOGNESE MEAT SAUCE*

- 2 tablespoons olive oil
- 1½ pounds lean ground beef
- 1 medium-sized onion, minced
- 2 carrots, peeled and minced
- 2 ribs celery, minced
- 1 12-ounce can evaporated milk
- 1 teaspoon grated or ground nutmeg
- 2 teaspoons sugar
- 3 teaspoons salt
- ½ teaspoon ground black pepper
- 1 tablespoon fresh minced parsley
- 1 tablespoon fresh minced basil
- 2 28-ounce cans tomato purée

Heat olive oil in a large skillet over medium-high heat. Add the onion, carrots, and celery. Sauté 5 to 8 minutes, or until soft. Add the ground beef and cook until no longer pink, breaking up any large pieces with a spoon. Combine the browned beef with the remaining ingredients in the slow cooker. Cover and cook on auto. Sauce will be done in 7 to 8 hours. Or cook on low for 8 to 9 hours. Taste and adjust for salt and pepper.

Yield: 6-8 servings

SPAGHETTI SAUCE

- 2 pounds Italian sausage or lean ground beef
- 2 small onions, chopped
- 2 small green peppers, chopped
- 2 teaspoons fresh chopped garlic
- 4 15-ounce cans tomato sauce
- 2 10-ounce cans tomato puree
- 4 6-ounce cans tomato paste
- 1 cup water
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon pepper

Sauté sausage or beef, onion, green pepper and garlic. Drain. Add to slow cooker with remaining ingredients. Cover and cook on low for 9-10 hours or until thick and bubbling.

Yield: 4 quarts

RECIPES

CHILI

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 15-ounce can Hunt's Ready Tomato Sauce®-special chunky style
- 1 15-ounce can tomatoes, garlic style
- 1 15-ounce can chili beans
- 1 teaspoon chili powder
- 2 tablespoons dill pickle juice

Sauté ground beef and onion, drain. Combine with other ingredients in slow cooker. Cover and cook on low for 5-6 hours or until hot.

Yield: 8-10 servings

ENTREES

HEARTY BAKED BEANS AND BEEF*

- 1 pound lean, ground beef
- 1 large onion, coarsely chopped
- 2 28-ounce cans baked beans
- 1 15-ounce can kidney beans, rinsed under cold water and drained
- 1 15-ounce can black beans, rinsed under cold water and drained
- 1 15-ounce can diced stewed tomatoes, drained
- ½ cup ketchup
- ½ cup brown sugar
- 2 tablespoons molasses or maple syrup
- 2 tablespoons dry mustard
- pinch of cayenne pepper

Brown ground beef and onion in a large, non-stick skillet. Cook until meat is no longer pink, breaking up any large pieces with a spoon. Drain fat. Combine the brown beef and the remaining ingredients in the slow cooker. Cover and cook on auto. Beans will be done in 6 to 7 hours, or when they are thick and bubbling. Or cook on low for 7 to 8 hours.

Yield: 6-8 servings

RECIPES

BEEF POT ROAST

- 1 5-pound rump, shoulder or chuck roast
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 6 medium potatoes, peeled and quartered
- 8 carrots, cut into 2-inch pieces
- 2 medium onions, halved
- 1 cup water or beef broth

Sprinkle roast with salt and pepper. Place half of vegetables in bottom of slow cooker, top with roast, then add remaining vegetables and liquid. Cover and cook on auto for 10-11 hours or until tender.

Yield: 16-20 servings

ROAST BEEF

- 1 3-pound chuck or round roast
- 1 10-ounce can condensed French onion soup

Place roast in slow cooker and pour onion soup over roast. Cover and cook on low for 8-9 hours or until tender.

Yield: 10-12 servings

RECIPES

STUFFED PEPPERS*

- 6 large bell peppers, tops cut off, cored and seeded
- 1 pound lean ground beef
- 1½ cups cooked rice
- 2 large eggs, lightly beaten
- ½ cup grated Pecorino Romano cheese
- 2 tablespoons fresh minced parsley
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 28-ounce can tomato sauce
- ½ teaspoon garlic powder

Combine the ground beef, cooked rice, egg, cheese, parsley, salt, and ¼ teaspoon of the black pepper in a large mixing bowl. Cut a very small hole in the bottom of each pepper. Spoon the meat mixture into the peppers, dividing evenly; do not pack down. Place stuffed peppers upright in the slow cooker. Combine the tomato sauce, garlic powder, and the remaining black pepper in a large mixing bowl or mixing cup. Spoon some of the sauce over each pepper. Pour the rest into the slow cooker. Cover and cook on auto. Cook until peppers are fork tender, 6 to 7 hours. Or cook on low for 7 to 8 hours.

Yield: 6 servings

SWISS STEAK

- 2 pounds round steak
- 2 medium green peppers, sliced
- 1 large onion, sliced
- 2 15-ounce cans tomatoes, garlic-style

Cut round steak into 4 inch squares. Brown in skillet. Layer half of the round steak, followed by one-half of green pepper slices and one-half of onion slices. Pour one can of tomatoes over top. Repeat with remaining ingredients. Cover and cook on low for 11-12 hours or until meat is tender. Serve with mashed potatoes.

Yield: 6-8 servings

RECIPES

TAMALE PIE

- 2 pounds lean ground beef
- 1 cup chopped onion
- 1½ cups yellow corn meal
- 3 cups milk
- 2 eggs, beaten
- 1 cup water
- 2 packages chili seasoning mix
- 1 teaspoon salt
- 2 15-ounce cans diced tomatoes
- 2 15-ounce cans whole kernel corn, drained
- 2 2-ounce cans sliced ripe olives, drained
- 2 cups grated cheddar cheese

Sauté beef and onion until done and drain. Add remaining ingredients except cheese to beef mixture. Pour into slow cooker. Cover and cook on high for 2½ to 3½ hours or until hot. Sprinkle cheese over top. Cook for another 5 minutes on high.

Yield: 12-14 servings

BEEF STROGANOFF

- 1½ pounds round steak
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 cup chopped onions
- ½ teaspoon fresh minced garlic
- 2 tablespoons Worcestershire® sauce
- 2 cups beef bouillon
- 2 tablespoons ketchup
- 2 tablespoons dry white wine
- ⅓ cup flour dissolved in ⅓ cup water
- ½ pound fresh mushrooms, sliced
- 1 cup sour cream

Cut steak into ¼ inch strips and coat with salt and pepper. Place in slow cooker with onions. Mix garlic, Worcestershire® sauce, beef bouillon, ketchup and wine. Pour over meat mixture. Cover and cook on low for 7-8 hours or until meat is tender. Turn to high. Stir in dissolved flour and mushrooms. Cover and cook on high for an additional 60-90 minutes, stirring twice, or until thick. Stir in sour cream and serve over rice or noodles.

Yield: 6 servings

RECIPES

CORNERED BEEF

- 1 3-pound corned beef brisket
- 1 cup chopped onions
- 2 cloves garlic, minced

Trim excess fat from brisket and cut to fit into slow cooker. Add onions, garlic and enough water to barely cover meat. Cover and cook on low for 11-12 hours or until tender.

Yield: 8-10 servings

ROSEMARY AND GARLIC ROASTED LEG OF LAMB*

- 4 large all-purpose potatoes, peeled and cut into $\frac{1}{4}$ -inch thick slices
- 1 3-4 pound leg of lamb, trimmed, boneless and tied
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon coarsely ground black pepper
- 6 cloves garlic, peeled and crushed
- 4 sprigs fresh rosemary, chopped or 1 teaspoon dried
- 2 tablespoons olive oil
- $\frac{1}{2}$ cup white wine

Layer potatoes in the bottom of the slow cooker. In a small bowl, mash the salt, pepper, garlic, and rosemary together with a fork to form a paste. Rub all over the lamb. Heat the olive oil in a large skillet over medium-high heat and brown lamb on all sides. Put browned roast in the slow cooker on top of the potatoes. Pour the white wine in the skillet and bring to boil, scraping pan to remove any pieces of meat from the bottom. Pour over the meat. Cover and cook on auto for 7-8 hours or cook on low for 9 to 10 hours. Use a meat thermometer to show when meat tests done. Lamb should be a light pink color when sliced.

Yield: 6-8 servings

RECIPES

HAM AND BEANS

- 1 pound dried Great Northern Beans
- 1 meaty ham bone
- 1 medium onion, chopped
- 1 cup sliced celery
- 1 cup sliced carrots
- 1 tablespoon dried parsley
- 1 bay leaf
- 6 cups water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Soak beans in 6 cups of water overnight, drain. Combine ham, beans, onion, celery, carrots, parsley, bay leaf and water in slow cooker. Cover and cook on low for 11-12 hours or until beans are tender. Remove bay leaf. Remove bone and cut meat into bite size pieces, returning meat to slow cooker and add salt and pepper.

Yield: 6-8 servings

PORK WITH PEACH CHUTNEY

- 1 6-pound pork loin roast, boneless
- 2 29-ounce cans spiced or plain peaches, drained
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup vinegar
- 2 small onions, chopped
- 2 tablespoons prepared mustard
- 1 teaspoon salt

Combine ingredients except roast in blender or food processor to make chutney. Process until coarsely chopped. Place roast in slow cooker and pour chutney over roast. Cover and cook on auto for 9-10 hours or until meat is tender.

Yield: 12-16 servings

RECIPES

SAUSAGE AND CABBAGE

- 1 pound smoked sausage, sliced
- ½ head cabbage, shredded
- 1 medium onion, chopped
- 1 medium pepper, chopped
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2-3 cups chicken broth

Combine ingredients in slow cooker and add enough chicken broth to barely cover food. Cover and cook on low for 5-6 hours or until vegetables are tender.

Yield: 4 servings

SHREDDED PORK BARBECUE

- 1 6-pound pork butt, shoulder or blade roast
- 2 15-ounce cans whole tomatoes, drained
- 1 cup vinegar
- 2 medium onions, sliced
- ¼ cup Worcestershire® sauce
- 6 tablespoons brown sugar
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 16-ounce bottles barbecue sauce

Combine ingredients in slow cooker. Cover and cook on high for 7-8 hours or until meat is tender. Remove meat and discard bone. Dice or shred meat and serve with barbecue sauce.

Yield: 12-14 servings

RECIPES

SPARE RIBS

- 4-6 pounds pork loin country-style ribs
- 1 cup ketchup
- $\frac{1}{3}$ cup vinegar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup soy sauce
- 1 teaspoon ground mustard
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon pepper

Bake spare ribs in 500° F oven for 30 minutes, turning halfway through cooking. Drain grease and place spare ribs in slow cooker. Mix all other ingredients to make a sauce. Pour sauce over spare ribs. Cover and cook on low for 9-10 hours or until tender.

Yield: 4-6 servings

BAKED HAM

- 1 6-pound boneless ham
- $\frac{1}{4}$ cup currant jelly
- $\frac{1}{2}$ tablespoon vinegar
- $\frac{1}{4}$ teaspoon ground mustard
- $\frac{1}{8}$ teaspoon ground cinnamon
- 10 whole cloves

Place ham in slow cooker. Cover and cook on auto for 6-7 hours or until hot. Melt currant jelly, vinegar, mustard and ground cinnamon in a sauce pan. Remove ham. Score ham and stud it with whole cloves. Place ham back in slow cooker. Pour sauce over ham. Cover and cook on high for 30-60 minutes.

Yield: 18-20 servings

RECIPES

SAUSAGE SAUCE WITH MEATBALLS

Meatballs

- 1 pound Italian sausage
- ½ medium onion, chopped
- 1 clove garlic, minced
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup bread crumbs
- 2 ounces grated Parmesan cheese

Sauce

- ½ pound mushrooms, sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 15-ounce can tomatoes, Italian-style
- 1 15-ounce can tomato sauce
- ¼ cup basil leaves
- ¾ teaspoon dried oregano
- ½ teaspoon dried thyme
- 2 tablespoons sugar
- ¼ teaspoon crushed red pepper
- 1 bay leaf

Combine the meatball ingredients and form into 1½ inch balls. Place into slow cooker. Combine sauce ingredients and pour over meatballs. Cover and cook on high for 7-8 hours or until meat is done. Remove bay leaf before serving.

Yield: 6-8 servings

RECIPES

HAM BALLS WITH SWEET AND SOUR SAUCE

- 1 pound ham, ground
- 1 pound lean ground beef
- 1 clove garlic, minced
- 4 ounces Parmesan cheese, grated
- 1½ cups bread crumbs
- ¼ cup chopped parsley
- ¼ cup soy sauce
- 1 teaspoon ground mustard
- ⅛ teaspoon pepper
- 2 eggs, beaten
- 2 cups peach preserves
- 1 16-ounce bottle honey Dijon® barbecue sauce

Combine all ingredients except for peach preserves and barbecue sauce. Form into 1½ inch balls. Mix peach preserves and barbecue sauce together and pour over meatballs. Cover and cook on high for 5-6 hours or until meat is done.

Yield: 24 meatballs

PORK CHOPS AND POTATOES

- 6 center cut pork chops
- 2 10-ounce cans condensed cream of mushroom soup
- ¾ cup chopped onion
- 1½ teaspoons celery salt
- ¾ teaspoon pepper
- 6 medium potatoes, peeled and sliced

Combine ingredients. Cover and cook on high for 5-6 hours or until meat is tender.

Yield: 6 servings

RECIPES

CHICKEN CACCIATORI*

- 2 tablespoons olive oil
- 1 4-pound chicken, skin and excess fat removed, cut up into serving pieces
- 1 large onion, chopped
- 2 cloves garlic, sliced very thinly
- 1 small pickled cherry or jalapeno pepper, seeded and coarsely chopped, optional
- 8 ounces white mushrooms, sliced thinly
- $\frac{1}{3}$ cup dry white wine
- 2 cups canned, crushed tomatoes
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 tablespoon minced parsley

Brown the chicken, onion, and garlic in the olive oil. Combine the sauteed chicken and pan drippings with all the remaining ingredients, except the parsley, in the slow cooker. Cover and cook on auto. Chicken will be done in 7 to 8 hours. Or cook on low for 8 to 9 hours. Season with salt and black pepper to taste. Stir in the parsley before serving.

Yield: 4 servings

EVERYDAY CHICKEN

- 2 3-pound chickens, cut up
- 2 teaspoons paprika
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 10-ounce cans condensed cream of celery soup
- 1 cup white wine or chicken broth

Sprinkle chicken with paprika, salt and pepper. Combine soup and wine or broth. Place half of chicken in slow cooker and pour half of soup mixture over chicken. Repeat layers. Cover and cook on auto for 9-10 hours or until done.

Yield: 8-10 servings

RECIPES

GARLIC CHICKEN WITH TOMATOES AND POTATOES

- 1 3-pound chicken, cut up
- 8 small new potatoes, quartered
- 1 15-ounce can tomatoes, Italian-style
- 1 tablespoon fresh minced garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon ground mustard
- $\frac{1}{2}$ cup white wine
- 2 tablespoons cornstarch dissolved in 2 tablespoons cold water

Place potatoes and chicken in slow cooker. Mix together tomatoes, garlic, salt, pepper, dry mustard and wine. Pour over potatoes and chicken. Cover and cook on low for 7-8 hours. Remove potatoes and chicken, leaving the broth. Stir the dissolved cornstarch into the broth. Cover and cook on high for 20-30 minutes, or until thickened. Add chicken and potatoes. Cover and cook on high for an additional 15 minutes or until hot.

Yield: 4-6 servings

CHICKEN AND RICE

- 8 chicken breast halves, boneless, skinless
- 2 cups chopped green onion
- 4 cups chopped celery
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 cup soy sauce
- $\frac{1}{2}$ cup dry white wine
- 3 cups chicken broth
- 2 cups uncooked rice
- 2 cups water

Combine all ingredients except rice in slow cooker. Cover and cook on high for 7-8 hours. Stir in rice. Cover and cook on high for an additional hour, stirring twice, or until rice is tender.

Yield: 8 servings

RECIPES

STUFFED CHICKEN BREAST WITH CURRY

- 1/2 pound sausage
- 1/2 teaspoon ginger
- 1 egg
- 2 tablespoons soy sauce
- 1/2 cup chopped onion
- 1/4 cup chopped parsley
- 2 teaspoons curry powder
- 6 chicken breast halves, boneless, skinless
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 10-ounce can condensed cream of chicken soup

Mix together sausage, ginger, egg, soy sauce, onion, parsley, and curry and set aside. Slit breast on one side to make a pocket. Season chicken breast with salt and pepper. Stuff each chicken breast with 1/6 of the stuffing mixture, securing with toothpicks and place in slow cooker. Pour chicken soup over top of chicken. Cover and cook on low for 9-10 hours or until done.

Yield: 6 servings

CHICKEN AND CHEESE ENCHILADA CASSEROLE

- 1/4 cup olive oil
- 16 6-inch corn tortillas
- 16 ounces Monterey Jack cheese, shredded
- 4 10-ounce cans chunk chicken
- 2 4-ounce cans green chilies, chopped
- 1/2 cup chopped onion
- 2 10-ounce cans green chili enchilada sauce

Spray sides of stoneware liner with cooking spray and pour oil into bottom. Layer ingredients in slow cooker: 4 tortilla shells, 1 cup cheese, 1 cup chicken, 1/4 cup green chilies, 1/4 cup onion, another tortilla, 1 cup enchilada sauce, and 1 cup cheese. Repeat for remaining ingredients. Pour any remaining enchilada sauce over top. Cover and cook on high for 2-3 hours or until hot.

Yield: 6-8 servings

RECIPES

CHICKEN TETRAZZINI

- 6 chicken breast halves
- 3 10-ounce cans condensed cream of chicken soup
- 1 large onion, chopped
- 1 teaspoon salt
- 1 teaspoon dried Italian seasoning
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon dried parsley
- $\frac{1}{2}$ cup dry white wine
- 1 pound fresh mushrooms, sliced

Combine all ingredients except mushrooms in slow cooker. Cover and cook on low for 4-5 hours or until done. Stir in mushrooms the last half hour.

Yield: 4 servings

VEGETABLES

THREE VEGETABLE CHEESE BAKE

- 1 16-ounce package frozen broccoli florets
- 1 16-ounce package frozen cauliflower
- 1 16-ounce package frozen Brussels sprouts
- 2 10-ounce cans condensed cream of mushroom soup
- 1 $\frac{1}{2}$ pounds Velveeta® cheese, cut into 16 pieces

Thaw frozen foods. Place ingredients in slow cooker in order listed. Cover and cook on low for 5-6 hours or until vegetables are tender.

Yield: 10-12 servings

RECIPES

MAPLE BAKED BEANS

- 5 14-ounce cans pork 'n beans
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{3}$ cup maple syrup
- 2 teaspoons ground mustard
- 6 slices of bacon, cooked and crumbled

Combine ingredients in slow cooker. Cover and cook on low for 7-8 hours or until thick and hot.

Yield: 15 servings

OLD SETTLER'S BAKED BEANS

- $\frac{1}{2}$ pound lean ground beef
- $\frac{1}{2}$ pound chopped bacon
- 1 medium onion, chopped
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup white sugar
- $\frac{1}{4}$ cup ketchup
- $\frac{1}{4}$ cup barbecue sauce
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon prepared mustard
- 1 16-ounce can kidney beans
- 1 16-ounce can pork 'n beans
- 1 16-ounce can butter beans

Sauté ground beef, bacon and onion. Drain. Place in slow cooker. Add sugars, ketchup, barbecue sauce, salt and mustard. Slightly drain beans and stir into other ingredients. Cover and cook on low for 5-6 hours or until thick and hot.

Yield: 10-12 servings

RECIPES

GREEN BEANS AND HAM

- 2 pounds fresh green beans, cut into 1" pieces
- 2 cups cubed ham
- 2 cups cubed potatoes
- 1 cup chopped onion
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper

Combine ingredients and add enough water to barely cover beans. Cover and cook on low for 11-12 hours or until vegetables are tender.
Yield: 8-10 servings

DESSERTS

RICE PUDDING*

- $\frac{3}{4}$ cup dry medium- or long-grain white rice
- 2 12-ounce cans evaporated milk
- $1\frac{1}{4}$ cups water
- 1 cinnamon stick
- $\frac{2}{3}$ cup sugar
- 1 teaspoon vanilla extract

Combine all the ingredients in the slow cooker. Cover and cook on high for 7 to 8 hours. Remove the cinnamon stick before serving.
Yield: 6 servings

RECIPES

CHOCOLATE BREAD PUDDING*

- 2 12-ounce cans evaporated milk
- 1 cup semi-sweet chocolate chips
- 4 large eggs
- $\frac{1}{4}$ cup sugar
- 1 teaspoon vanilla extract
- 1 pound loaf day-old white or egg bread, crust removed, cut into small cubes.

In a large microwave bowl or 4-cup glass measuring cup, combine the evaporated milk and chocolate chips. Heat in a microwave on high power 2 to 3 minutes, or until it just begins to simmer. Stir together well. Whisk in the eggs, vanilla, and sugar. Lightly butter the slow cooker stoneware liner. Place the bread cubes in the bottom, scattering evenly. Pour the chocolate mixture over the bread. Let set for 15 minutes, pressing down on the bread so that it absorbs the liquid. Cover and cook on high for 4 hours. Serve warm with whipped cream, if desired.

Yield: 8 servings

BAKED APPLES

- 10 large baking apples, Rome or York
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup butter, melted
- 6 tablespoons brown sugar
- 1 teaspoon nutmeg
- 2 teaspoons cinnamon

Peel, core and cut apples in halves. Place in slow cooker. Drizzle with lemon juice and butter. Sprinkle with sugar and spices. Cover and cook on auto for 4-5 hours or until tender.

Yield: 10 servings

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